

# How to Shrug Off that Bad Day

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Just so you know, even though I teach this stuff, I personally struggle like everyone else trying to live a balanced and successful life. I have to take the time to remind myself that being in a bad mood is a choice, and that I can choose to look at my life and situation differently. No matter how much you know in life about controlling your stress, there are still Character Building days that can throw us off our center.

When these happen, the questions you want to ask yourself include: *"What do you do when you are having a bad day? Do you ruin your day with negative self-talk? Do you take out your frustration on people around you and ruin their day?"* When under too much stress, most of us end up acting on behaviors that don't assist us in enjoying our life or reaching our goals.

Everyone has what I jokingly refer to as Character Building Days. No matter who you are you have days where you feel overwhelmed by work, your family, a certain situation, another person, or just by life. These days are a fact of living in the real world. No matter how hard you try to be perfect or have a perfect life, there will always be people and events out of your control. Most of the time you can be proactive and pull yourself up by the bootstraps and deal with the daily challenges that life has to offer you.

However, there are those times that you may feel that you are experiencing too much stress and wear and tear on your life. When you realize that you are experiencing burnout from the reality of life, it's time for you to have what I like to call *"the skill of awareness."* What this means is that you have to have an awareness that you are not in a resourceful mindset or mental state. You need to give yourself permission to nurture yourself and honor your emotions. I have found that these are the times that you should create an emotional foxhole and retreat from the world for a short time to regroup.

It's important to grasp the concept that feelings are energy and they need to be acknowledged. The more you deny your feelings, the more they will push for recognition. There is value in understanding that there is an important difference between owning your negative feelings and focusing on them.

By giving yourself permission to acknowledge your feelings, you release some of the internal pressure to be perfect and to be all things to all people. The problem may still need to be addressed, but much of the pressure and tension has evaporated. When we deny our emotions and stuff them down inside of us for a long period of time, they build up and start to create bigger problems, such as mental or physical imbalances like depression, illness, or anger.

Do yourself a big favor and create an outlet that allows you to get out of your negative state of mind and honor your feelings. Going to the movies is a good outlet that gives you a Pattern Interrupt. Other beneficial outlets are nurturing activities such reading or listening to uplifting books, CDs or DVDs. Activities like fishing, bubble baths, walking, meditation, gardening, or almost any hobby makes you feel good and gives you some relief from the stress that is emotionally overwhelming to you. In an effort to use your energy resources to your greatest advantage, take the time to deal with your feelings right away.

**The important lesson today is that you give yourself Permission to acknowledge when you are experiencing a difficult time in your life and that you will do something proactive to change your perception instead of contributing to the stress you experience.**